

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-30-07)

Visit us at www.fns.usda.gov/fdd

B064 – CHEESE, AMERICAN, PASTEURIZED, PROCESS, LOAVES, 5 LB

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Pasteurized process American cheese is a blend of fresh and aged natural cheese (such as cheddar, colby, etc.) that has been melted, pasteurized, and mixed with an emulsifier according to FDA's Standard of Identity.
PACK/YIELD	<ul style="list-style-type: none"> 6/5 lb loaves per case. One 5 lb loaf AP yields about 20 cups shredded cheese OR about 10 cups cubed cheese and provides about 80.0 1-oz servings cheese. One lb AP yields about 4 cups shredded cheese OR about 2 cups cubed cheese and provides about 16.0 1-oz servings cheese. CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store cheese in its original container at 41 °F or lower until needed. If the original wrap is removed, re-wrap cheese tightly with plastic film wrap without air pockets. Once cheese is exposed to air, mold and dehydration may occur. To protect cheese from mold, always work with it in a clean area. Cheese will keep better if re-wrapped with new plastic wrap after each use. To be extra cautious, double-wrap the cheese or place it back in its original container or a sealed dated container. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Cheese, pasteurized, process, American, without di sodium phosphate phosphate

	1 oz (28 g)
Calories	106
Protein	6.28 g
Carbohydrate	0.45 g
Dietary Fiber	0 g
Sugars	0.14 g
Total Fat	8.86 g
Saturated Fat	5.58 g
Trans Fat	N/A
Cholesterol	27 mg
Iron	0.05 mg
Calcium	156 mg
Sodium	422 mg
Magnesium	8 mg
Potassium	48 mg
Vitamin A	272 IU
Vitamin A	72 RAE
Vitamin C	0 mg
Vitamin E	0.08 mg

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Pasteurized process cheese is milder in flavor and softer in body than the natural cheese from which it was made and has good melting properties. Loaves of cheese can be easily sliced with a clean meat slicer or wire cutter. Process cheese is marginal for shredding, and is not recommended for grinding or grating. Cheese shreds more easily immediately after being removed from refrigeration. Previously frozen process cheese is best used crumbled or shredded. Cook dishes containing cheese at low temperatures since cheese toughens and gets stringy at high temperatures.
USES AND TIPS	<ul style="list-style-type: none"> Process cheeses can be frozen; however, freezing is not recommended, because there will be changes in body and texture due to crystallization of moisture during freezing. For this reason, previously frozen cheese is best used crumbled. Serve as is in sandwiches, with fruit, in cooked dishes such as sauces, casseroles, or breads, and as a garnish for vegetable or fruit salads.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> If cheese loaf contains mold, remove a 1 inch section of cheese around and below the mold spot, and recover the cheese in fresh wrap. When removing contaminated cheese, make sure not to touch the mold itself to avoid cross-contamination with other parts of the cheese.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.